

MEDICAL DEVELOPMENT CENTER

Al Salam Bulletin- Volume # 64



AL SALAM BULLETIN

OVERVIEW ABOUT AL SALAM BULLETIN

Al Salam bulletin is your one stop comprehensive newsletter, for all the latest healthcare content. Stay updated with latest healthcare related news, public health advice, narrative experiences, training, and links to valid sources for further reading / fact-checking. Medical Development Center highlights Bulletin sources for you to keep abreast of the latest developments and trends in the Healthcare industry.

Health Awareness Days



Breast Cancer Awareness Month: October 2025

breastcancer.org

Breast Cancer Awareness Month can mean different things to different people. For some, it's a trigger — 31 days in the fall of pink-ribbon reminders of a disease that forever changed them. For others, it's a chance to show their support for the more than 2 million women around the world who are diagnosed with the disease each year.

Understanding the goals behind the global campaign and the emotions felt by the many different people living with the disease may help you decide if and how you want to commemorate the month.

Known best for its pink theme color, the month features a number of campaigns and programs designed to:

- 1- support people diagnosed with breast cancer
- 2- educate people about breast cancer risk factors
- 3- encourage women to go for regular breast cancer screening
- 4- raise money for breast cancer research

[Read more...](#)



ADHD Awareness Month: October 2025

healthline.com

Every October is Attention Deficit Hyperactivity Disorder (ADHD) Awareness Month, an occasion to raise awareness and support for those with ADHD.

In the United States, about 8.4% of children and 2.5% of adults have ADHD, making it one of the most common mental health conditions. Symptoms of the condition include ongoing patterns of:

- 1- Inattention, which means a person may find it challenging to focus or follow directions, but usually, it may not occur due to rebellion or challenges with understanding something.
- 2- Hyperactivity, which is when a person may feel the need to move constantly, even when it may be inappropriate for the situation.
- 3- Impulsivity, which means the person may have difficulties managing impulsive behavior and considering the long-term consequences of those actions.

[Read more...](#)

Fact Sheet About Breast Cancer



KEY FACTS ABOUT BREAST CANCER:

- 1- Breast cancer caused an estimated 670 000 deaths globally in 2022.
- 2- Roughly half of all breast cancers occur in women with no specific risk factors other than sex and age.
- 3- Breast cancer was the most common cancer in women in 157 countries out of 185 in 2022.
- 4- Breast cancer occurs in every country in the world.
- 5- Approximately 0.5–1% of breast cancers occur in men.
- 6- Effective interventions for early and timely diagnosis linked to comprehensive treatment, rehabilitation and palliative care are essential to reduce the burden of breast cancer and to achieve and maintain optimal functioning and well-being.

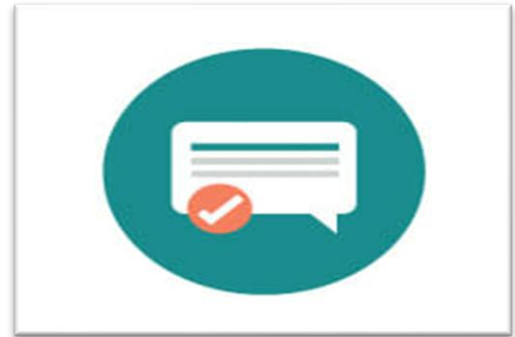
GLOBAL IMPACT

Age-standardized breast cancer mortality in high-income countries dropped by 40% between the 1980s and 2020. Countries that have succeeded in reducing breast cancer mortality have been able to achieve an annual breast cancer mortality reduction of 2–4% per year.

The strategies for improving breast cancer outcomes depend on fundamental health system strengthening to deliver the treatments that are already known to work. These are also important for the management of other cancers and other noncommunicable diseases.

To know more [Click here...](#)

Myths & Facts About ADHD



MYTH: ADHD doesn't exist.

FACT: There are more than 100,000 articles in science journals on ADHD and references to it in medical textbooks going back to 1775.

MYTH: People with ADHD just can't concentrate.

FACT: Individuals with ADHD can concentrate when they are interested in or intrigued by what they are doing.

MYTH: Only boys have ADHD.

FACT: Boys are diagnosed two to three times as often as girls, but about 4.2% of girls have received a diagnosis of ADHD at some point in their life (and that's not none!).

MYTH: ADHD meds are addictive.

FACT: The therapeutic use of stimulant medications for ADHD prevents addiction.

MYTH: ADHD is caused by bad parenting.

FACT: Brain-imaging studies show that differences in brain structure and wiring cause problems with attention, impulse control and motivation.

MYTH: ADHD is over diagnosed.

FACT: The rates with which ADHD is diagnosed vary so much primarily due to diagnostic criteria and measurement methods used.

To know more [Click here...](#)

Strategies to Help Learners with ADHD

www.thepathway2success.com

Give clear, written and verbal directions



Schedule an organization check-in time



Give extra opportunities for movement



Consider flexible seating options



Chunk long-term projects



Provide fidgets (and teach how to use them)

Set up a work station in each class



Use a thought journal to share ideas



Teach and practice predictable routines



Teach executive functioning skills



Use a timer for work sessions



Spend time building confidence

Illustration by Kate Haddad, Tihomir Kostov, & Sarah Pennington

Breast Cancer Awareness

BREAST CANCER IS THE **most common cancer** AMONG WOMEN IN THE WORLD

1 in 8 women WILL BE DIAGNOSED WITH BREAST CANCER IN HER LIFETIME



THERE ARE MORE THAN **2.8 million** SURVIVORS IN THE U.S.

Prevention Tips

EXERCISE
TAKE VITAMIN D
EAT ORGANIC
DRINK LESS
REDUCE STRESS
KNOW THE SIGNS
GET A THERMOGRAM



Signs & Symptoms

- Nipple tenderness
- A lump or thickening in or near the breast or underarm
- A change in the skin texture or enlargement of pores in the skin of the breast like that of an orange peel
- A change in the size or shape of the breast
- Dimpling of the breast
- Swelling of the breast
- Shrinkage of the breast
- Spontaneous asymmetry of the breast
- Nipple is turned slightly inward or inverted
- Skin of the breast, areola, or nipple is scaly, red, or swollen

AN ESTIMATED **246,660 women** AND **2,600 men** WILL BE DIAGNOSED BY THE END OF 2016



40,000 women & 430 men DIE OF BREAST CANCER EACH YEAR IN THE U.S.

Be Aware. Get Involved. Show Support.



SASH Events in September 2025

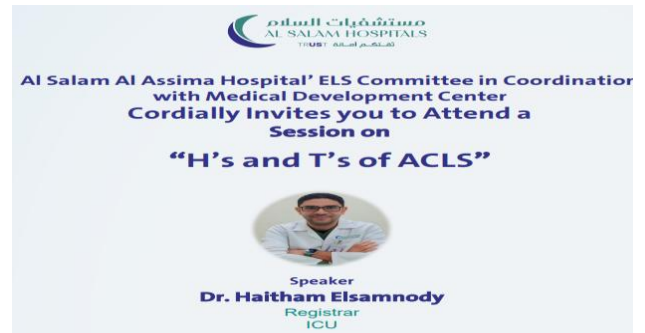
Title: H's & T's of ACLS

Speaker: Dr. Haitham Elsamnody

Date: 9th September 2025

Time: 1300hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



Title: World Physiotherapy Day

Organizer: Marketing Department

Date: 8th – 09th September 2025

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



Title: Back to School Event

Organizer: Marketing Department

Date: 14th & 15th September 2025

Venue: SASH – B1



Title: Patient Safety Day

Organizer: Quality Department

Date: 16th September 2025

Venue: SASH Abdul Rahman Al Ateeqi Auditorium

World Patient Safety Day 2025 Safe care for every newborn and every child	
Program Schedule	
16 September 2025 - SASH Auditorium, B1	11:00 AM - 12:00 PM
Moderator and Vote of Thanks (Mrs. Jincymol Saji - Manager, MDC/QRM)	
11:00 AM - 11:15 AM	
-Opening Ceremony: Dr. Rana Ibrahim - Chief Quality and Risk Management Officer	
11:15 AM – 11:30 AM	
-Insights on Patient Safety and its importance: Dr. Raghad Alkazemi - Chief Medical Officer	
11:30 AM – 12:00 PM	
-Theme: "Safe care for every newborn and every child: Dr. Adel Shalabi (Specialist, Pediatrics)	

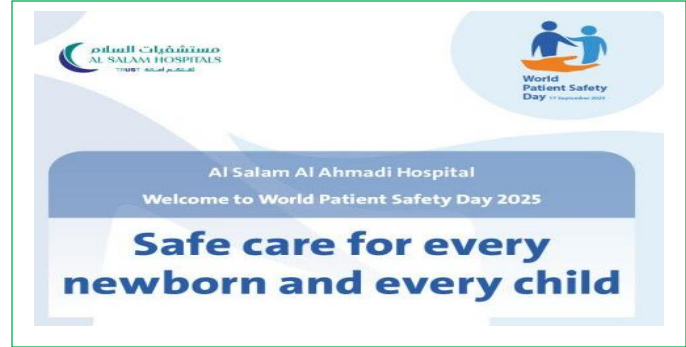
SAHH Events in September 2025

Title: Patient Safety Day

Organizer: Quality Department

Date: 18th September 2025

Venue: SAHH VIP Meeting Room – Training Room



Title: Stress Management

Speaker: Dr. Adel AlZayed

Date: 18th September 2025

Time: 0930hrs

Venue: SAHH Training room/Online



Recognition

الموضوع: دعوة الفائزين بجائزة نجمة السلامة لعام 2025

ندم إدارة الجودة والإعتماد بتهنئتك بالفوز بجائزة نجمة السلامة لعام 2025 عن المشروع:

“Improving ICU Medication Safety: Development and Implementation of a Smart Infusion Pump Drug Library for High-Alert Medications”

دعوة السادة الفائزين بجائزة نجمة السلامة لعام 2025 التالية أسماءهم:

- Dr. Ghada Ateaallah
- Ph. May Shadi Awad Elkorle
- Dr. Maitham Ali Awadh
- Mrs. Mary Joseph
- Eng. Mostafa Raafat Fouaad Elhashash
- Mr. Hussain Ali Raghda



Prepared by Medical Development Center